MY DAUGHTER NOW REALIZES SHE HAS OPTIONS TO SOLVE A CONFLICT AND HOW TO TAKE CARE OF HERSELF WHEN SHE IS UPSET. - MARTHA

To be a strong leader in our everyday lives, we need to learn the skills to be true to ourselves and others we care about. In this playful and interactive workshop, girls and grown-ups will discover their authentic selves through games, discussions and role-play. Each workshop is 90 minutes.

This is a Part II to our 2/3 series Nine Tools for True Friendship; however, it is not a requirement to have taken Part I first.

PROGRAM SUMMARY
Week One: True Friendship Inside & Out
Week Two: Self-care and Managing Emotions
Week Three: Conflict and Compromise: Let’s Make A Deal!
Week Four: Building Our Brave Muscles

WHO
Girls in second & third grades with one adult

WHEN
Sundays, March 8, 15, 22 and 29, 2020
3:00 - 4:30 pm

WHERE
Westfield Community Center, 558 West Broad Street, Westfield (entrance on Palsted Ave)

COST
$235 per adult/girl pair
Scholarships are available. Details at https://girlsleadership.org/scholarships/

REGISTRATION
https://girlsleadership.org/programs/westfield23partii/

QUESTIONS
Contact Susan Ruszala at sruszala@girlsleadership.org